



PEACHES, FRESH

Date: April 2009

Code: F205

PRODUCT DESCRIPTION

- Fresh peaches are U.S. No. 1 or better.

PACK/YIELD

- Peaches are packed in 1-pound bags.
- There are about 3 to 4 medium peaches per pound. 1 pound makes about 2 ½ cups of sliced or chopped peaches, or 1 ½ cups cooked and mashed peaches.

STORAGE

- Ripe peaches should be stored in the refrigerator in a plastic bag for up to 5 days.
- Store cooked peaches in a tightly closed container not made from metal in the refrigerator.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Wash peaches under cold running water to remove any dirt from the skin.
- If peeling or cutting up peaches for a recipe, keep them from turning brown by sprinkling with lemon or orange juice.
- If a recipe calls for peeled peaches, dip peaches cut into halves in boiling water for 30 seconds or until skins loosen. Remove the peaches with a spoon and dip in cold water. The skins will slide right off.
- If peaches are too hard and need to ripen, place them in a loosely closed paper bag at room temperature. Check daily until soft enough to eat.

USES AND TIPS

- Peaches are a tasty snack eaten whole, chopped, or sliced.
- Add chop peaches to yogurt, cold cereal, or oatmeal to add sweetness and flavor.
- Peaches can be mixed into the batter for pancakes, waffles, muffins, or bread.

- For a sweet treat, put 1 cup peaches in a blender with 1 cup plain or vanilla low-fat yogurt or frozen yogurt and blend until smooth.

NUTRITION INFORMATION

- ½ cup of peaches (or 1 small peach) counts as ½ cup in the MyPyramid.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation is about 2 cups.
- ½ cup of fresh peaches provides 10% of the daily recommended amount of vitamin C.

FOOD SAFETY INFORMATION

- Rinse peaches in cool water and dry before eating.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (77g) sliced fresh peaches

Amount Per Serving

Calories	30	Calories from Fat	0
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% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	4%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 1g	

Vitamin A 5%	Vitamin C 10%
Calcium 0%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

PEACH BANANA SMOOTHIE

MAKES ABOUT 3 SERVINGS

Ingredients

- 1 banana, peeled and sliced
- 2 peaches, peeled and sliced
- ½ cup canned pears, drained
- 1 cup fat-free milk (or 1 cup low-fat milk)

Directions

1. Combine banana, peaches, canned pears, and milk in a blender.
2. Blend until smooth.

Nutrition Information for 1 serving (about 1 cup) of Peach Banana Smoothie							
Calories	110	Cholesterol	0 mg	Sugar	20 g	Vitamin C	8 mg
Calories from Fat	0	Sodium	40 mg	Protein	4 g	Calcium	110 mg
Total Fat	0.5 g	Total Carbohydrate	26 g	Vitamin A	62 RAE	Iron	0 mg
Saturated Fat	0 g	Dietary Fiber	3 g				

Recipe adapted from Recipezaar.com.

PEACH AND BISCUIT BAKE

MAKES ABOUT 6 SERVINGS

Ingredients

- 1 cup low-fat bakery mix
- 1 cup fat-free milk (or 1 cup low-fat milk)
- ½ teaspoon nutmeg (if you like)
- 4 tablespoons margarine, melted
- ¾ cup sugar
- 1 ½ pounds fresh peaches, sliced (about 6 peaches)

Directions

1. Preheat oven to 375 degrees F.
2. Mix together bakery mix and milk. If using nutmeg, add that too. Stir in margarine until combined.
3. Pour batter into an 8x8-inch baking dish.
4. Combine sugar and peaches, and spoon over batter in baking dish (do not mix together).
5. Bake for 50 minutes or until golden brown.

Nutrition Information for 1 serving (about 1 cup) of Peach and Biscuit Bake							
Calories	250	Cholesterol	10 mg	Sugar	35 g	Vitamin C	6 mg
Calories from Fat	80	Sodium	160 mg	Protein	3 g	Calcium	78 mg
Total Fat	8 g	Total Carbohydrate	44 g	Vitamin A	117 RAE	Iron	1 mg
Saturated Fat	2.5 g	Dietary Fiber	2 g				

Recipe adapted from Recipezaar.com.